**ORIGINAL COURSE IMPLEMENTATION DATE:** September 2001
**REVISED COURSE IMPLEMENTATION DATE:** September 2018
**COURSE TO BE REVIEWED: (six years after UEC approval)** March 2024
**Course outline form version: 09/15/14**

# OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

**Note: The University reserves the right to amend course outlines as needed without notice.**

| | |
|---|---|
| **Course Code and Number:** KIN 463 | **Number of Credits:** 3 Course credit policy (105) |
| **Course Full Title:** Advanced Clinical Exercise Therapy<br>**Course Short Title (if title exceeds 30 characters):** Adv. Exercise Therapy | |
| **Faculty:** Faculty of Health Sciences | **Department (or program if no department):** Kinesiology & Physical Education |

**Calendar Description:**

Examines exercise prescription for specific musculo-skeletal and metabolic disorders. Exercise prescriptions for the purpose of improving function and reducing disability are discussed. The role of exercise therapists in the present health care model is also examined.

Note: Students with credit for KPE 463 cannot take this course for further credit.

| | |
|---|---|
| **Prerequisites (or NONE):** | KIN 362 (formerly KPE 362). |
| **Corequisites (if applicable, or NONE):** | NONE |
| **Pre/corequisites (if applicable, or NONE):** | NONE |

**Equivalent Courses (cannot be taken for additional credit)**

Former course code/number: **KPE 463**

Cross-listed with:

Equivalent course(s): **KPE 463**

*Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.*

**Transfer Credit**

Transfer credit already exists: ☐ Yes ☒ No

Transfer credit requested (OReg to submit to BCCAT):
☒ Yes ☐ No (if yes, fill in transfer credit form)

Resubmit revised outline for articulation: ☐ Yes ☐ No

To find out how this course transfers, see **bctransferguide.ca**.

**Total Hours: 45**

**Typical structure of instructional hours:**

| | |
|---|---|
| Lecture hours | 23 |
| Seminars/tutorials/workshops | 16 |
| Laboratory hours | |
| Field experience hours | |
| Experiential (practicum, internship, etc.) | |
| Online learning activities | |
| Other contact hours: student directed learning | 6 |
| **Total** | **45** |

**Special Topics**

Will the course be offered with different topics?
☐ Yes ☒ No

If yes, different lettered courses may be taken for credit:
☐ No ☐ Yes, repeat(s) ☐ Yes, no limit

*Note: The specific topic will be recorded when offered.*

**Maximum enrolment (for information only):** 36

**Expected frequency of course offerings (every semester, annually, every other year, etc.):** once annually

| | | |
|---|---|---|
| **Department / Program Head or Director:** Alastair Hodges | **Date approved:** | October 2017 |
| **Faculty Council approval** | **Date approved:** | October 2017 |
| **Campus-Wide Consultation (CWC)** | **Date of posting:** | November 24, 2017 |
| **Dean/Associate VP:** Joanne MacLean | **Date approved:** | October 2017 |
| **Undergraduate Education Committee (UEC) approval** | **Date of meeting:** | March 23, 2018 |

**Learning Outcomes**

Upon successful completion of this course, students will be able to:

1. Describe role of exercise therapy in the treatment and prevention of an individual with musculo-skeletal or metabolic disorders.
1. Identify the educational requirements and scope of practice for an exercise therapist;
2. Prescribe safe and effective exercise programs for common musculo-skeletal disorders;
3. Prescribe safe and effective exercise programs for common metabolic disorders; and
4. Explain the process of healing and tissue repair with relation to musculo-skeletal and metabolic disorders.

**Prior Learning Assessment and Recognition (PLAR)**

☒ Yes ☐ No, PLAR cannot be awarded for this course because

**Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)**

Lecture, student directed seminars, small group review, case studies

**Grading system:** Letter Grades: ☒ Credit/No Credit: ☐ Labs to be scheduled independent of lecture hours: Yes ☐ No ☒

**NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.**

**Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)**

| | Author (surname, initials) | Title (article, book, journal, etc.) | Current ed. | Publisher | Year |
|---|---|---|---|---|---|
| **1.** | Ehrman, Gordon, Visich & Keteyian | Clinical Exercise Physiology | ☒ | Human Kinetics | 2013 |
| **2.** | | | ☐ | | |
| **3.** | | | ☐ | | |
| **4.** | | | ☐ | | |
| **5.** | | | ☐ | | |

**Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)**

**Typical Evaluation Methods and Weighting**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Final exam: | 35% | Assignments: | % | Midterm exam: | 25% | Practicum: | % |
| Quizzes/tests: | % | Lab work: | % | Field experience: | % | Shop work: | % |
| Research paper: | 20% | Case studies: | 10% | Discussion: | 10% | Total: | 100% |

**Details (if necessary):**

**Typical Course Content and Topics**

1. **Introduction to therapeutic exercise, counselling, risk assessment**
   a. Definitions
   b. Scope of practice
   c. Risk assessment and legal considerations

2. **Exercise Testing**
   a. Principles of exercise testing
   b. Normal and abnormal responses to graded exercise tests

3. **Pharmacology**
   a. Routes of delivery
   b. Drug classifications
   c. Drug effects on exercise responses

4. **Obesity and Diabetes**
   a. Definitions
   b. Diagnosis
   c. Prevalence
   d. Causes
   e. Health effects
   f. Exercise testing
   g. Therapy modes

5. **Metabolic Syndrome**
   a. Definitions
   b. Diagnosis
   c. Prevalence

d. Causes
e. Health effects
f. Clinical considerations

6. **Heart Disease**
   a. Definitions, diagnosis, prevalence, causes, health effects, clinical considerations for:
      i. Acute syndromes (angina, M.I.)
      ii. Revascularization
      iii. Chronic heart failure

7. **Stroke, Peripheral Artery Disease**
   a. Definitions, diagnosis, prevalence, causes, health effects, clinical considerations for:
      i. Stroke
      ii. Peripheral artery disease

8. **Pulmonary Diseases**
   a. Chronic obstructive pulmonary disease (COPD)
   b. Asthma

9. **Cancer**
   a. Definitions
   b. Diagnosis
   c. Prevalence
   d. Causes
   e. Health effects
   f. Clinical considerations